



U.S.D.A. "Choice" or Food Giant "Banquet Perfect"

**RIB STEAK**

**89¢**  
lb.

U.S.D.A. "Choice or Food Giant "Banquet Perfect" for tender and delicious beef

**CLUB STEAK** \$1.09 lb

U.S.D.A. "Choice" or Food Giant "Banquet Perfect" for quality steaks everytime

**T-BONE STEAK** \$1.19 lb

U.S.D.A. "Choice" or Food Giant "Banquet Perfect" — a favorite of everyone!

**Porterhouse Steak** \$1.29 lb

U.S.D.A. "Choice" or Food Giant "Banquet Perfect" — a magnificent & tender steak

**Boneless Top Sirloin** \$1.49 lb

U.S.D.A. "Choice" or Food Giant "Banquet Perfect"



**7-BONE ROAST**

**49¢**  
lb.

Braise, boil or bake 'em — they're wonderful tasting any way you cook them!

**SHORT RIBS OF BEEF** 33¢ lb

This savory beef can be prepared in many delectable ways! You'll enjoy it!

**PLATE BOILING BEEF** 29¢ lb

First quality bacon fried golden crisp for breakfast is best! Sliced 1-lb. pkg.

**HORMEL RED SHIELD BACON** 59¢

Northern halibut is thick, tender, all white meat — with juicy flavor frozen-in.

**CENTER CUT HALIBUT STEAKS** 69¢ lb

For a true treat from the sea — you'll enjoy scallops. Big, frozen 10 oz. pkg.

**SEA PAK BREADED SCALLOPS** 49¢



Doyle Springs straight bourbon is true quality. Full fifth  
**9-Year Old Bourbon** \$3.39

Arizona's finest pale dry beer will be your favorite!  
**Elder Brau Beer** 6 cans 99¢

Original formula — From 100% grain spirits  
**Finleys London Dry Gin** full fifth \$2.98



Ham, Corned Beef, Spicy Beef, white or dark Turkey. 3pc  
**Leo's Chipped Beef** 3 pks. \$1

Everybody loves pizzal Betty Crocker's is tasty. Reg. pkg.  
**Betty Crocker Pizza** 35¢

Gifford's processed, individually wrapped slices.  
**American Cheese** 12 oz. pkg. 49¢

"I buy the best meat here!"



"Food Giant meat has been on my shopping list since the first day the market opened in Westminster. With seven in our family to shop for, I am in Food Giant practically every day, and I always find the meat here to be of excellent quality. I can't think of a better value for my food dollars than the fabulous meats that I buy at Food Giant!"

Mrs. Gerry Theisen, a satisfied customer at Food Giant/Westminster

**Quality Control Means Better Meat!**

Every morning, Food Giant executives and meat experts gather to sample, savor, criticize and comment on meats, chosen at random from our markets, and cooked in our own kitchen. This is only part of our "Meat Quality Control" which means better meat for you!



U.S.D.A. "Choice" or Food Giant "Banquet Perfect"

**STANDING RIB ROAST**

**83¢**  
lb.



U.S.D.A. "Choice" or Food Giant "Banquet Perfect"

**CHUCK STEAK**

**49¢**  
lb.

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Sirloin Tip Steak	Chuck Roast	Family Steak
<b>98¢</b> lb	boneless <b>79¢</b> lb	<b>79¢</b> lb

Tender lean beef, waste free  
**Boneless Beef Stew** 79¢ lb

Ground fresh hourly for quality  
**Fresh Ground Round** 69¢ lb

Ground fresh hourly for quality  
**Fresh Ground Chuck** 59¢ lb

**4 Fabulous Sale Days**  
**Thursday Through Sunday**  
**January 3-6**



**Van de Kamp's BAKERY SPECIALS**  
THURS.-SUN., JAN. 3-6  
ENGLISH MUFFINS pkg. of 6 29¢ pkg. of 4 21¢  
Prepared POULTRY DRESSING 49¢  
Van de Kamp's Own CHOCOLATES 1 lb. 1.29

At Stores With Van de Kamp's Bakery Only

In HAWTHORNE 423 So. Hawthorne Blvd.	In TORRANCE 2849 Western Ave.
In MANHATTAN BEACH 2400 Sepulveda Blvd. at Main	In NO TORRANCE 4848 W. 190th at Anza
In GARDENA 14990 Crenshaw Blvd.	In SAN PEDRO 3731 Pacific Coast Hwy.

**JAPANESE FAVORITES COOK IN MERE MINUTES**

2-36—ORIENTAL COOKERY

Increasing popularity of Oriental food has resulted in recent years in introduction of Japanese, Chinese and Polynesian cookery into Torrance kitchens. Less than a year ago a course in Japanese cooking offered by the Torrance Recreation Department resulted in full enrollment and demand for a second class.

Among the recipes which follow are adaptations of Chinese main course favorites which can be prepared with foods available locally.

**Pork Hash**

Ingredients  
1 lb minced pork  
1 tsp. salt  
1 tsp. sugar  
1 tsp. comstarch  
1 Tb. soy sauce  
2 Tb. water  
1 Tb. chopped onion  
1 tsp. cooked oil

Method:  
1. Mix all ingredients together.  
2. Steam for 30 to 45 minutes or until pork is well done.  
3. If desired, one No. 2 can whole kernel corn may be added to mixture.

**Stuffed Green Pepper**

2 large green peppers  
½ lb. ground pork  
2 Tb. celery, minced  
1 Tb. round onion, minced  
1 tsp. salt  
1 tsp. comstarch  
½ tsp. sugar  
1 tsp. soy sauce  
½ tsp. liquor

Method:  
1. Parboil peppers in salted water. Drain and cool.  
2. Mix ground pork with all other ingredients. Stuff into green peppers.  
3. Place on greased pan or dish and steam 30 to 45 minutes.

**Ketchup Beef**

Ingredients:  
½ lb. steak (Flank, Rib, T-

Bone or Sirloin)  
1 round onion, sliced

Sauce  
½ tsp. salt  
1 tsp. sugar  
2 Tb. ketchup  
1 tsp. soy sauce  
½ tsp. liquor  
Dash of Worcestershire Sauce

Method:  
1. Brown steak in generous amount of fat. Remove and drain fat. Cut into thin slices.  
2. Fry onions, add sauce, stir and cook for 1 minute.

**Sweet Sour Pigs Feet**

Ingredients:  
6-8 pieces pigs feet  
1 cup sugar  
2½ cups vinegar  
1 piece ginger root  
¼ cup soy sauce  
1 Tb. cooked oil  
Salt

Method:  
1. Put pigs in boiling water and cook for 3 to 4 minutes. Drain.  
2. Sprinkle salt over pigs feet and rub with shoyu.  
3. Brown in generous amount of oil.  
4. Put vinegar, sugar and ginger in pot and bring to a boil. Add browned pigs feet, soy sauce, cooked oil and enough water to barely cover.

5. Cook gently for 3 hours. Serve.

**Glossary of Terms Needed by Gourmet**

Almost as necessary as a good Oriental cookbook to the would-be mistress of Chinese or Japanese cookery is a glossary of terms used in Eastern recipes.

To help those new to the Oriental cooking vocabulary, a thumbnail glossary of words found frequently in popular Eastern dishes follows:

- Aji-no-moto — Monosodium glutamate. A seasoning often called "taste powder," and sold under various brand names. A small amount added to most cooking develops the natural flavors of the ingredients.
- Bancha — A coarse, green tea.
- Chawanmushi — An egg custard prepared with meat or seafood and various vegetables and dashi.
- Daikon — A large, white radish, usually carrot-shaped.
- Dashi — A broth prepared by steeping kombu and Katsuo-bushi in hot water. A mild fish stock or bouillon used in soups and as the foundation for many dishes.
- Kaguto-age — Literally, "fried armor." The "armor" usually refers to a shell in which the ingredients are fried.
- Katsuo-bushi — Dried bonito, shaved or flaked and used for flavoring.
- Kombu — A kind of kelp, or seaweed, called tangle.
- Matsutake — Armellaria edodes. A mushroom.
- Sake — A Japanese rice wine made from white rice, malt mold and water. Usually drunk warm, and often used in cooking.
- Sansho — anthoxylum piperitum. A variety of Japanese pepper.
- Sashimi — Raw seafood.
- Shiitake — Cortinellis. A Japanese mushroom cultivated in oak logs.
- Shioyaki — "Salt broiling."
- Shirataki — Translucent threads of gelatinous starch extracted from a root plant.
- Soyu — "Soy sauce." A flavoring made from wheat, soybeans and salt.
- Sukiyaki — Beef, vegetables and other ingredients cooked in a sauce of shoyu, sake and sugar.
- Sunomoon — "Vinegared things." A Japanese salad.
- Tempura — Fish, vegetables or other ingredients dipped in a butter and fried in deep oil.
- Teriyaki — Fish marinated in a sauce and broiled.
- Tofu — Soybean curd.
- Wasabi — A variety of horseradish.
- Yakitori — Broiled chicken.

**Chinese Soup**

(Continued from Page C-6)

**Chicken Rice Soup**

Ingredients:  
¾ cup rice, uncooked  
7 cup chicken stock or 3 chicken bouillon cubes in 6 cups water  
1 Tb. salt  
1 tsp. cooked oil  
1 small round onion  
2 chicken bouillon cubes

Method:  
1. Wash rice.  
2. Put all ingredients in large pot or kettle and bring to boil.  
3. Lower the heat and simmer for 2 to 3 hours, stir at intervals to prevent burning. Add bouillon cubes and simmer another 5 minutes.  
4. Add minced chicken meat, if desired.

5. Garnish with shredded lettuce or finely chopped green onions. Serve.

**Ham Hock Rice Soup**

Ingredients:  
1 ham hock  
¾ cups uncooked rice  
8 cups water  
1 tsp. cooked oil  
1 small round onion

Method:  
1. Wash rice.  
2. Put all ingredients in large pot or kettle.  
3. Bring to boil, lower heat.  
4. Cook for at least 3 hours, stirring at ¼ hour intervals to prevent burning.  
5. Serve and garnish with shredded lettuce and finely chopped green onions. (If thicker gruel is desired, decrease the amount of water.)

**NICKEL MINES**

The International Nickel Company, the world's largest producer of refined nickel, operates a total of seven mines in the Sudbury District of Ontario and one at Thompson, Manitoba.

**I'M NEW HERE**

New residents of Torrance who made their appearance via the stork at South Bay Hospital include:

A son to Mr. and Mrs. Leonard Leon Collins of 16805 Yukon Ave., born Dec. 4.

A daughter to Mr. and Mrs. R. Dale Bowles of 3820 W. Artesia Blvd., born Dec. 4.

A daughter to Mr. and Mrs. Nobuhide Kodaira of 22700 South Meyler St., born Dec. 5.

A son to Mr. and Mrs. William A. Clark of 3235 W. 189th St., born Dec. 7.

A son to Mr. and Mrs. Robert L. Shuck of 5327 Doris Way, born Dec. 17.

Randall Odron, son of Mr. and Mrs. J. W. Pierce of 21528 Honan Ave., born Dec. 12 at Torrance Memorial Hospital.